

NUTRITIONAL SUPPLEMENT FOR OPTIMIZING THE PRODUCTION AND EFFECT OF NATURAL HUMAN GROWTH HORMONE

Abstract of the Disclosure

A nutritional supplement for enhancing the production and effect of natural human growth hormone. The nutritional supplement includes: L-arginine-2-pyrrolidone-5-carboxylate in an amount of about 500 milligrams to about 10 grams; L-lysine hydrochloride in an amount of about 500 milligrams to about 10 grams; and a cortisol suppressant including at least one of acetyl-L-carnitine in an amount of about 1 gram to about 10 grams and maltodextrin in an amount of about 1 gram to about 10 grams.